Dr. Arjun Nair

General Physician (MBBS, MD Medicine)

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Professional summary

Physician with MBBS and MD in General Medicine and 5 years of clinical experience in inpatient and outpatient care. Manages diabetes, hypertension, infections and acute medical emergencies. Registered with the Karnataka Medical Council and NMC, with published research and a record of clear communication with patients and families.

Registration and licences

Karnataka Medical Council Registration (State Medical Register), Karnataka Medical Council — Jun 2016

Registration number on request

National Medical Commission Indian Medical Register, NMC — Jun 2016

ACLS Provider, American Heart Association — Sep 2023

Clinical experience

Consultant Physician, Sahyadri Multispeciality Hospital — Jan 2022 – Present

Bengaluru, India

- See 40 to 50 outpatients a day and manage 20 inpatients under the general medicine unit.
- Lead the diabetes and hypertension clinic with 1,200 registered patients and improved the share with controlled HbA1c from 48% to 61% in 2 years.
- Cover emergency admissions on call and stabilise patients with sepsis, DKA and acute coronary syndrome.
- Teach interns and nursing staff weekly and chair the monthly mortality review.

Senior Resident, General Medicine, Bangalore Medical College and Research Institute — Jun 2019 – Dec 2021

Bengaluru, India

- Managed ward and ICU patients, supervised junior residents and presented cases at departmental rounds.
- Performed bedside procedures including lumbar puncture, pleural tap and central line placement.

Education

MD, General Medicine, Bangalore Medical College and Research Institute — 2016 – 2019

Bengaluru, India

MBBS, Government Medical College, Kozhikode — 2010 – 2016

Kerala, India

Publications

Glycaemic control in type 2 diabetes in a tertiary care outpatient clinic: a retrospective study, Indian Journal of Medical Research (example) — Mar 2021

Case report: Scrub typhus presenting with ARDS, Journal of Clinical Case Reports (example) — Jul 2020

Skills

Internal medicine | Diabetes care | Critical care | Emergency medicine | Evidence-based practice | Procedures (LP, pleural tap) | Electronic medical records | Teaching | Clinical audit | Patient communication